PREVALENCE OF THYROID DYSFUNCTION IN TYPE 2 DIABETIC AND NON DIABETIC POPULATION

ABSTRACT

Background:

- Diabetes mellitus is a common endocrine disorder which involves multiple organ systems and leads to significant morbidity and mortality due to accompanying complications.
- The diagnosis of thyroid dysfunction in diabetic patients based solely on clinical manifestations can be difficult because poor glycemic control can produce features similar to hyperthyroidism.Thyroid function can be measured by estimating the serum TSH,free T4 and free T3.

Objectives:

To compare the prevalence of thyroid dysfunction in type 2 diabetic patients and healthy controls without Diabetes mellitus.

Methods:

Blood samples from 50 type 2 Diabetic patients and 50 non diabetic patients were collected for FBS, PPBS, Serum TSH, Free T4, Free T3.

1.TSH - Ultrasensitive sandwich chemi luminescent immuno assay.

2. FT3 & FT4 - Competitive chemi luminescent immuno assay.

3.Fasting and postprandial blood sugar are estimated by glucose oxidase and peroxidase (GOD–POD) method.

Results:

In our study we found that thyroid dysfunction is more prevalent among the type 2 diabetic patients compared with normal healthy population. Thyroid dysfunction is common in irregularly treated diabetic patients. Type 2 diabetes mellitus and thyroid dysfunction is common in the age group of 41-60 years.

Conclusion:

- It is important to evaluate diabetic population regarding thyroid diseases as one condition can worsen the other if left untreated in form of worsening of DM and Dyslipidemias and causing diverse complications. Treating Thyroid disorders help to improve glycemic control.

Keywords:

- Type 2 Diabetes mellitus
- Thyroid dysfunction.